

ROLE OF PATYA APATHYA IN PEVENSION OF HRIDROGA: A REVIEW**Dr. Gudiya^{1*}, Dr. Arun Kumar Tripathi² and Dr P. R. Tiwari³**¹PG Scholar, PG Department of Kaya Chikitsa, Gurukul Campus, Haridwar, Uttarakhand, India.²Campus Director and Professor PG Department of Kaya Chikitsa, Gurukul Campus, Haridwar, Uttarakhand, India.³Associate Professor, PG Department of Kaya Chikitsa, Gurukul Campus, Haridwar, Uttarakhand, India.***Corresponding Author: Dr. Gudiya**

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ABSTRACT

The advancement of humanity comes with it the burden of a slew of new and non-communicable diseases. Cardiovascular diseases are one of several noncommunicable diseases that are on the rise in our society. There has been a huge increase in the incidence of heart disease among young people in every section of the world in the last year. This is attributed to change in life style, eating habits, lack of exercise, and psychological variables all have a role such as mental pressure and stress. According to the World Health Organization, cardiovascular disease kills 12 million people each year, around the planet. Despite all of medicines breakthroughs, the CVDs management is yet to be re defined. Modern medicine excels at emergency care, but it falls short when it comes to efficient preventative care. The heart is one of the Trimarmas in the human body, and Ayurveda has stressed the importance of providing special care for its protection. Heart illnesses are classified as Hridroga in Ayurveda. Although there are numerous advanced procedures for curing such ailments and improving quality of life, these techniques are not affordable to everyone. So, as the adage goes, "prevention is better than cure," and there are numerous medications, Yogas, Pathya, Apathy Dinacharya (daily regimes), Ritucharya (seasonal regimes), Ratricharya (Night regimen), Sadvrta (Right code of conduct), Herbs, and nutritional supplements are some of the preventive strategies used by Ayurveda to prevent Cardiovascular illnesses altering one's way of life "Swasthasya swasthya rakshanam, Aaturasya vikara prashamanam cha". Everyone needs excellent health thus this article describes how hridrog is similar to CVS diseases and how Ayurveda can help with prevention and care.

KEYWORDS: Hridroga, Trimarmas, Pathya, Apathy, Dinacharya, Ritucharya, Ratricharya, Sadvrta.**INTRODUCTION**

Cardiovascular diseases are the most common serious illnesses in developed countries, and they are a rapidly expanding problem in emerging countries. CVDs is now the leading cause of death in the United, approximately 30% of all deaths on the planet.^[1] In Ayurveda, Hridaya is a controversial concept. As it is now, significant attention of Hridroga has been done in one of the vital organs called Maharma (Charaka Samhitha's Trimarmiya Chikitsa Adhyaya).^[2] Charaka mentions different forms of Hridroga is a doshik dominance based hridroga.^[3] Acharya Sushruta, on the other hand, has devoted Hridroga has his own chapter. Vyaan vayu Sadhaka Pitta, Avalambaka Kapha, are all housed in the hridaya. The incidence of this condition has increased due to changes in lifestyle and nutrition patterns, lack of physical activity, increased mental stress, and environmental changes. Angina is the most common symptom of cardiovascular disease (a type of chest pain caused by reduced blood flow to the heart). 90% of CVD is thought to be avoidable. Ayurveda teaches and enriches us with a healthy food and a great way of life

that is very effective. If we give importance to Ayurveda it is helpful in maintaining good health for every person. There are number of preventive, curative aspects, medicinal drugs and preparations described in the Ayurveda having wonderful effect on these diseases. In order to treat any disease we must do Nidan Parivarjan. We should avoid stressful activities, and should take proper diet, exercise daily. Ashta Ahar Vidhi Visheshayetan, Vihar and Yoga plays major role in prevention of cardiovascular disease. Internal medications like arjuna, Shring and many Kashya rasa and Amla rasa etc...

HRIDYA

Hridya is similar to Pundarika (lotus bud), according to Sushruta. It opens when the person is awake and closes when he is asleep; it opens when the person is awake and shuts when he is asleep.^[4] According to Madhav Nidan, the heart is a critical organ in the body, hence any sickness affecting it is a serious matter. This is a very important organ, which regulates the blood flow and provide strength to the heart. The person's satva also

depends on the Bala of Hridya as Hridya is also said as site of mana.

HRIDROGA

ETIOLOGICAL FACTORS OF HRIDROGA

Hridroga is caused by a variety of reasons, according to Ayurveda. Vyayama, excessive use of Tikshna Ahara, Virechan, Basthi, or Vaman are Nidanas for Swatantra Hridroga. All of these factors contribute to kapha kshaya,

as well as Rasa kshaya, resulting in a deteriorated state of health.^[5] When natural desires are suppressed, Vata's function is perverted, which can lead to health problems. Eventually, and insidiously, this leads to Hidroga. Hridroga also can manifest as a Paratantra Vyadhi in the form of emesis, extreme concern, tension, or terror in the case of specific conditions. Cholesterol, diabetes, obesity, sedentary behaviour, and stress are all factors to consider.

Types of Hridroga and Vishishta Nidana have been described.^[6]

Vataj hridroga	Shoka, upavasa vyayam Ruksha- Sushka- Alpa bhojan
Pittaj hridroga	Ushna-amla-lavan-kshara-katu-ajirna-bhojane, Madya, Krodha, Atapa
Kaphaj hridroga	Atyadana, Guru Snigdham Achintam Achestanam Nidra Sukham Adhikam
Tridoshaj hridroga	All the Nidanas of Tridosajanaya Hridroga
Krumija hridroga	Granthi occurs in areas of Hridaya when a person continues eat sesame, jaggery, milk products etc.

SAMPRAPTI (PATHOGENESIS)^[7]

High calorie and saturated fatty acid rich diet + Sedentary lifestyle → kapha – pitta dushti → Mandagni → Rasa dushti → Dhamni Prachitya (Atherosclerosis) → Strotorodha (obstruction) + Vayu → Uro Ruja (chest pain) → Hridashoola or Hridaroga.

PREVENTION OF HRIDAROGA

PRIMERY PREVENTION: Delaying or preventing the onset of disease by incorporating dietary changes such as reduced salt intake, increased consumption of vegetables, fruits, pulses, and cereals, as well as lifestyle modifications such as daily exercise, control of hypertension, avoidance of alcohol and smoking, and so on. This is especially important for people who have a family history of CVDs.

SECONDARY PREVENTION: The goal of secondary prevention is to keep the disease from recurring and progressing. Ayurveda describes several plants that aid in the betterment of one's health. Hridya Aushadhi is a

person who has had a Hridroga in order to prevent a recurrence. Pathya-Apathya Prayoga and Rasayana Prayoga are both beneficial. Ayurveda recommends Ahara and Vihara. Incorporating psychological variables and the administration of appropriate medications on a regular basis several Ganas in classical writings, such as Charaka's Hridya Mahakashaya (Dashemaani), Susruta's Parushakadi Gana, and Vagbhata's Vidaryadi Gana, are focused at better managing the conditions of Hridaya. Amla rasa was recognised by Ayurveda as having cardioprotective properties. Charaka defined Hridya as a collection of ten natural compounds containing Amla rasa.^[8] "Hridyaya hitham" is a phrase that is constantly related with Hridaya and is stated to be congenial for Hridaya. Rasona, Gokshura, Arjuna, Guggulu, and Amalaki are some of the Ayurvedic herbal remedies that can help manage and prevent CVD. They have antihyperlipidemic, platelet aggregation inhibiting, blood pressure lowering, antiatherogenic, and cardioprotective qualities.

Diet regimen (pathya apathya) for Hridroga^[9]

Pathya Ahara	Apathya Ahara
Puraanraktshali, Jaangal pashu pakshiyu ka masrasa, Munga, Kultha Yush, Khandayush, Aama, Anaar, Amaltaash, Muli, Shunti, kadali, mahendra jal, patol etc...	Bheda ka Dudh, Nadi ka Jala, Usna, Tikshna, Kashaya Ahar ka Sevan, Mahuaa, Abhishyandi Bhojan etc...
Pathya Vihara	Apathya Vihara
Svedan, Vaman, Basti, Virechan, Vishraam, Langhan etc...	Tikshna, Vaman, Mutra, Adhovayu, Kash, Ashru Vega dharana etc...

DISCUSSION AND CONCLUSION

The heart is one of the most important organs in the body, as we all know. The heart is the principal place of Vata, Pitta, Kapha, and Ojas, and it is involved in a variety of internal body channels. The increase in the incidence of cardiovascular diseases around the world is attributable to poor food and lifestyle choices, obesity, and diabetes mellitus. Hypertension and hyperlipidaemia

that are two of the most prevalent risk factors for cardiovascular disease. Ayurveda has a highly methodical and beneficial role in the prevention and treatment of cardiovascular disorders. Many types of heart disease can be avoided or cured by adopting a healthy lifestyle. Pathya Apathya can be used to treat a variety of disorders, not just cardiac ones. There are a lot of medications and formulations listed in the Ayurvedic book that have a highly effective result on cardiovascular

disorders. Heart disease is responsible for one out of every four deaths. As a result, this is a really concerning scenario, and we must not overlook this deadly sickness.

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